
Braised Red Cabbage II

Alyce Desroches

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Servings: 8

2 pounds red cabbage

2 strips salt pork or bacon, cubed

1 onion, diced

2 tart apples, cored and sliced

1 cup dry white wine

salt

freshly ground pepper

1 tablespoon brown sugar

1 tablespoon vinegar

Trim the cabbage stem and cut off any bruised outer leaves. Quarter the cabbage and shred finely.

In a large saucepan, brown the pork or bacon. Add the onion and apples. Cook briefly.

Add the wine. Bring to a boil. Add the cabbage, salt, pepper and sugar.

Bake, covered, in a 350 degree oven until the cabbage is tender, about 1-1/2 hours.

Stir in the vinegar.

Side Dishes

Per Serving (excluding unknown items): 76 Calories; trace Fat (4.8% calories from fat); 2g Protein; 14g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 16mg Sodium. Exchanges: 1 1/2 Vegetable; 0 Fruit; 0 Other Carbohydrates.